


Play 5

#PlayTour




What you will need:

2 Balls 

Assistant 

Timer 

2 Cones 

Semi Final

- **Wall Ball:** Player starts 2m from a wall. They roll the ball at the wall, make a leg tunnel, turn & run to stop the ball still. **+1 point for every moving ball stopped still**
- **Wall Ball 2:** Player starts 2m from a wall. They underarm throw at the wall, jump to make a leg tunnel for the ball, turn & run to stop the ball still. **+1 point for every moving ball stopped still**
- **Flamingo:** Player stands in a small empty space, on “go” they balance like a flamingo for as long as possible. **+3 points for 0 - 5 second balance & +6 points for 6 seconds or more balancing**

Final

- **Cone King 1:** Set up 2 cones 6 paces from each other. Player starts 6 paces back holding 2 balls. On “Go” the player runs & balances a ball on each cone before returning to start. **+6 points for 0 - 9 seconds & +3 for 10 seconds or more**

6

Out of 6

Practice as much as you want, then it's a maximum of 6 goes only at each challenge




Info

Suggest you use something to mark the start/end line for the final & use something else if you don't have cones




Gamification

Enter each score into the correct challenge box, add them all up & enter your final total score in the top blue box



P5:



Total Play Points:

SEMI FINAL

Wall Ball 1 - HIGH SCORE

Wall Ball 2 - HIGH SCORE

Flamingo - TIMED

FINAL

Cone King 1 - TIMED

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